

THE HEART

SACREDHEARTOB.ORG

A PARISH BUILT ON LOVE | MARCH 15, 2026 | FOURTH SUNDAY OF LENT

WEEKDAY MASS

Monday–Friday | 8 am
Federal Holidays | 9 am

WEEKEND MASS

Saturday | 4:30 pm
Sunday | 8 am, 10 am, 5 pm

CONFESSION

Monday | 7:30–7:55 am
Note: No Confession on
Federal Holidays
Saturday | 3:15–4 pm
Other | By Appointment

ROSARY & DIVINE MERCY

Chaplet: After Daily Mass

ADORATION IN CHAPEL

9 am–7 pm

OUR MISSION

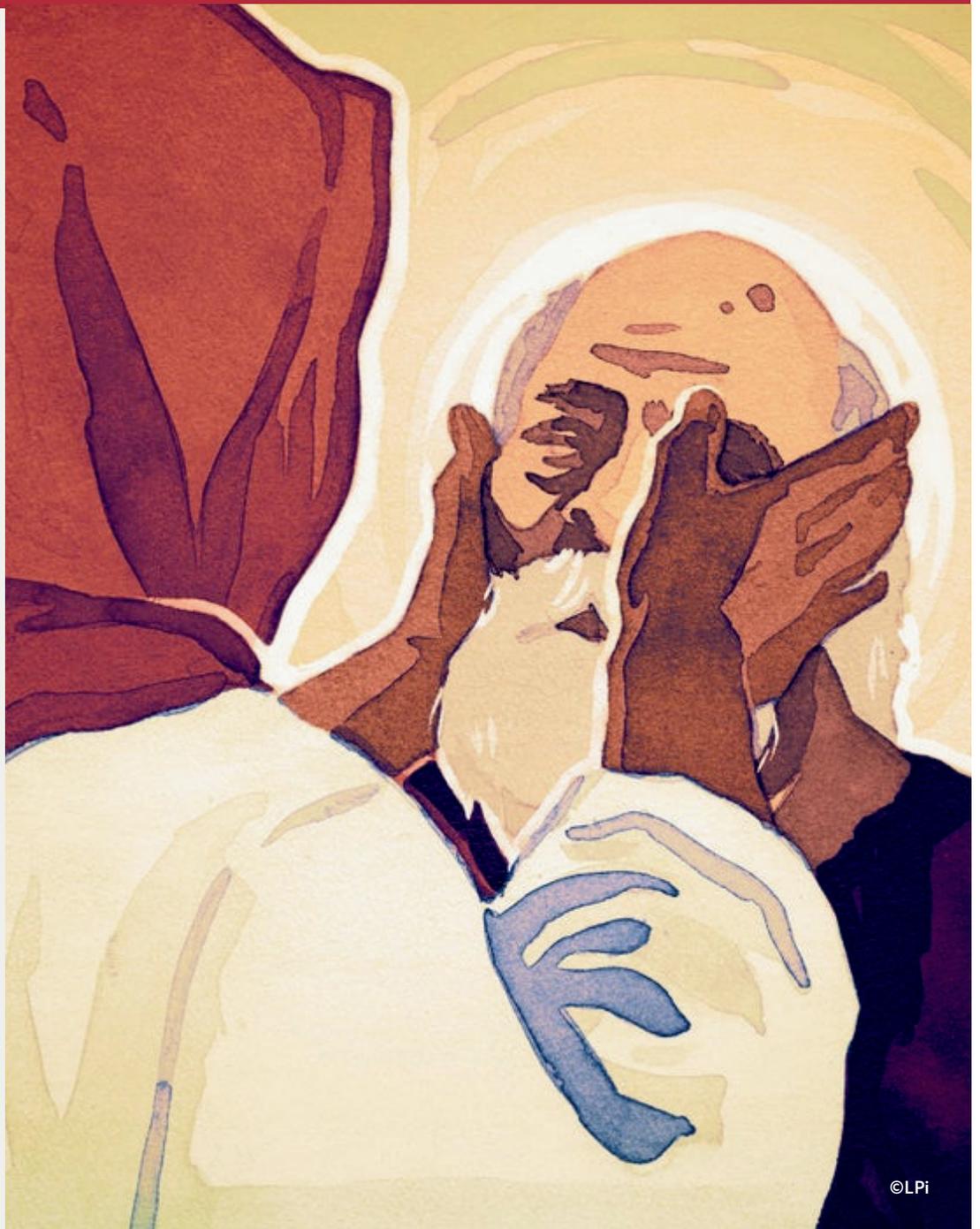
To embrace the boundless
love of Jesus through the
work of our hands and the
celebration of the Eucharist

LOVE · SERVE · CELEBRATE



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NEWS + EVENTS

Great News from the "All You Need is Love" Team!



We are absolutely thrilled to share the incredible news: the "All You Need Is Love" fundraiser successfully generated an astounding \$51,000 net after all expenses. This magnificent sum far exceeded our most optimistic projections and stands as a powerful testament to the impact we can achieve when we come together.

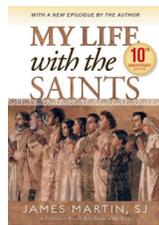
These vital funds will be directly channeled into two crucial areas: enhancing our essential community outreach programs, allowing us to expand our support for those in need, and facilitating significant improvements to our cherished parish facilities, ensuring a welcoming and inspiring environment for all.

Sacred Heart is a community founded on principles of compassion, service, and, above all, love. Your support for this event not only provided an unforgettable evening but also reinforced the deep bonds that unite us. Thank you, from the bottom of our hearts, for your incredible generosity and for making this fundraiser a resounding success.

Sacred Heart Book Club

Friday, March 20 | 11 am
Sacred Heart Church of OB Rectory

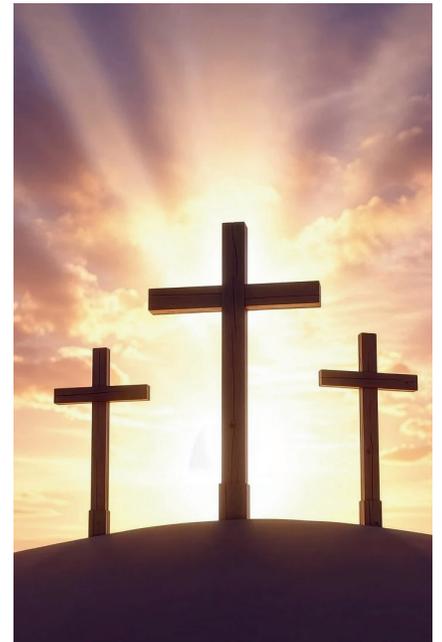
Sacred Heart's book club has selected James Martin's "My Life with the Saints" for the month of March. Martin explores how various saints accompanied him on his journey from corporate executive to the priesthood. Please join the book club to discuss the book on Friday, March 20, at 11 am in the rectory. New members are always welcome!



Please contact Cindy at krause67@gmail.com with questions or for additional information.

Is God Calling You to Become a Priest?

The Diocese of San Diego invites men discerning God's call to Explorer Day, an opportunity to learn more about the priesthood, on March 28, from 8:30 am-4:15 pm. For more information, please contact the St. Francis Center at (858) 490-8389 or cmaglalang@sdccatholic.org. To register, visit <https://sdccatholic.org/event/explorer-day-mar28/>



Lent, Triduum, and Easter at Sacred Heart

Stations of the Cross:

Fridays during Lent at 6:00 pm with soup dinners following

Reconciliation Service: Wednesday, 3/25, at 7:00 pm

Palm Sunday: 3/28-29, regular weekend schedule

Holy Thursday Mass with Adoration:

Thursday, 4/2, at 7:00 pm

Good Friday Ecumenical Pilgrimage:

Friday, 4/3, at 11:00 am, with route beginning at St. Peter's by the Sea

Good Friday Liturgy of the Lord's

Passion: Friday, 4/3, at 3:00 pm and 7:00 pm

Easter Vigil: Saturday, 4/4, at 8:00 pm

Easter Sunday: Sunday, 4/5, at 8:00 am and 10:00 am

Easter Egg Hunt: Sunday, 4/5, after the 10:00 am Mass

Retrouvaille Weekend Retreat

April 17-19 | San Diego

Retrouvaille is a Catholic ministry for married couples facing difficult challenges in their relationships. Retrouvaille is hosting two retreat opportunities, one in English and one in Spanish, from April 17-19, here in San Diego. Specific locations will be shared upon registration. Retrouvaille retreats include engaging talks by married couples, who have endured difficult situations and made it through. They offer tools that can help couples navigate their own challenges and reconnect. Couples take home powerful communication tools to help them stay connected for years to come. To register or for more information, visit helpourmarriage.org or email joseandmary@helpourmarriage.org.

Community Dinner

Tuesday, March 24 | 5–6 pm
Sacred Heart Church of OB Hall

Our next community dinner will be served in the hall on Tuesday, March 24, from 5–6 pm. Dinners are served every second and fourth Tuesday of the month, from 5–6 pm. Volunteers are always welcome and appreciated; please arrive at 3:30 pm if you'd like to help, and plan to stay until 6:30.

IF YOU HAVE QUESTIONS, PLEASE REACH OUT TO OCEANA FREE AT SANVEAN2@GMAIL.COM OR CHERYL ACCOMAZZO AT CHERYLACCO@GMAIL.COM. MANY THANKS TO ALL INVOLVED IN THIS IMPORTANT MINISTRY.

San Diego Youth Day

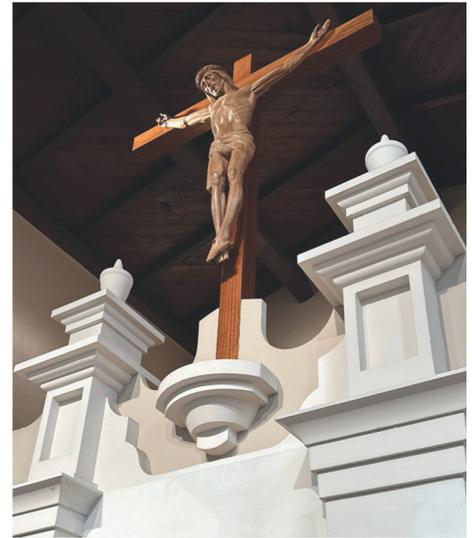
Saturday, April 11 | 11:30 am
Cathedral Catholic High School
5555 Del Mar Heights Rd

San Diego Youth Day has been scheduled for Saturday, April 11, 2026, at Cathedral Catholic High School. Fr. Agustino Torres, CFR from Corazon Puro, will return as the keynote speaker, and the day will conclude with Mass, at 5:30 pm, celebrated by Bishop Michael Pham. Registration is now open. For more information, please contact Teresa Sotelo at tsotelo@sdcatholic.org.

Donuts and Fellowship



It's already the third Sunday in March, and that means donuts! Stop by the hall after the 8:00 or 10:00 Mass this Sunday for donuts, coffee, and friendship.



GIVING

Remember Your Church by Using Online Giving

Go to our secure online giving site:

SACREDHEARTOB.ORG



Or scan this QR code. Click on the "Contribute to Sacred Heart" button. You can

make a one-time donation, or you can sign up to give weekly. Thank you for your continued support and faithful giving. Many Blessings,

—FR. BILLY

You can also donate the car you no longer need to Sacred Heart

AT [HTTPS://CAREASY.ORG/SACRED-HEART-OF-OCEAN-BEACH](https://careasy.org/sacred-heart-of-ocean-beach) OR CALL 855.500.7433

MEDITATIONS



Readings for the Week

Sunday

1 Sm 16:1b, 6-7, 10-13a/Ps 23:1-3a, 3b-4, 5, 6/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

Monday

Is 65:17-21/Ps 30:2 and 4, 5-6, 11-12a and 13b/Jn 4:43-54

Tuesday

Ez 47:1-9, 12/Ps 46:2-3, 5-6, 8-9/Jn 5:1-16

Wednesday

Is 49:8-15/Ps 145:8-9, 13cd-14, 17-18/Jn 5:17-30

Thursday

2 Sm 7:4-5a, 12-14a, 16/Ps 89:2-3, 4-5, 27 and 29/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk 2:41-51a

Friday

Wis 2:1a, 12-22/Ps 34:17-18, 19-20, 21 and 23/Jn 7:1-2, 10, 25-30

Saturday

Jer 11:18-20/Ps 7:2-3, 9bc-10, 11-12/Jn 7:40-53

Reflection on the Readings

In today's first reading, the Lord asserts that God does not see how people see. We tend to see appearances, but God looks into the heart. How often do we find ourselves unable to see past appearances: the way someone looks, or sounds, or acts? In doing so, are we showing unconscious biases, prejudices, or assumptions? Let us not be like the Pharisees in the Gospel who become indignant when questioning the man who once was blind. They cannot see past their belief that the man must have been born in sin. Nor can they look past the fact that Jesus happened to heal this man on the sabbath. These preconceived judgments blind them to the wonders of God, revealed in Christ.

The questioners in the Gospel think they have a good argument in their assertion that the formerly blind man was born totally in sin. What they fail to realize is that we all were born totally in sin. We all have inherited original sin. Moreover, we all are sinful creatures, susceptible to sin each and every day. Do we look at others who have sinned as less than us because their sin is worse or more visible? Does acting "holier than thou" help us feel better about ourselves? Can we challenge ourselves to look honestly at ourselves before criticizing or judging others?

There is an especially tender moment in this Gospel passage, nestled inconspicuously in the aftermath of the cure. It's easy to miss, as it's just half of a verse in a selection that includes an entire chapter of John's Gospel.

After the formerly blind man has the audacity to suggest that Jesus must be from God and the religious authorities respond by expelling him from the synagogue, John writes, "When Jesus heard that they had thrown him out, he found him . . ." (John 9:35). Here was a man who had been blind his entire life.



An outcast from society, he used to sit and beg, likely often outside the synagogue. He would not have been welcome inside, since it was thought he or his parents must be sinful if he is blind. Then his whole life changed with a chance encounter with Jesus. But the authorities are unable to accept this sign from God and eventually he is excluded once again from the community he had been able to join for, maybe, only a day or two. When Jesus is told about this, he immediately goes and finds him. One imagines that he feels terrible that the timing of his healing caused this awful consequence. Perhaps he is justifiably angry at the religious authorities. But whatever the motivating factor, he feels compassion for the man he'd healed and wants to comfort him. And comfort him he did, for it is only then that he completes the cure for his blindness. The man's spiritual eyesight is fully realized as he desires to believe in the Son of Man and comes to know that Jesus is he.

PRAYERS

Recognizing Our Military

LTJG Sutter Grune, USN
USS Howard (DDG 83) Sailors
EN2 Tyler McNabb, USN
Capt. Silas Huff, U.S. Army
Lt. Eva Johnstone, USN

IF YOU HAVE A LOVED ONE SERVING IN THE MILITARY WHO IS IN NEED OF PRAYERS OR ON SPECIAL DEPLOYMENT, YOU MAY CALL THE PARISH OFFICE AT 619.224.2746 TO HAVE HIM OR HER ADDED TO THIS PRAYER LIST.

Please give the military member's name, rank, branch of service, and if deployed, length of deployment. Remember to call the office when your loved one has returned home.

Adoration

**Sacred Heart Church Chapel
Behind the Altar | 9 am–7 pm**

If you would like a code to the chapel door, please contact Janice Teixeira at 619.246.4955 or teixeira@cox.net.



Do You Need Prayers?

Submit your prayer request to the Sacred Heart Prayer Ministry at www.bit.ly/ineedprayers. Our prayer warriors are ready to pray for you.

Mass Intentions

Saturday, March 14

4:30 pm | Jose C. and Albertina Tavares †

Sunday, March 15

8 am | James Mentzer †
10 am | Darla Bebrin †
5 pm | Mass for Parishioners

Monday, March 16

8 am | Marcus Correia

Tuesday, March 17

8 am | Deceased Members of the Howard and Azevedo Families †

Wednesday, March 18

8 am | Sue Munz

Thursday, March 19

8 am | Melissa Spangler †

Friday, March 20

8 am | Dennis and Mary Fox †

Saturday, March 21

4:30 pm | Mass for Parishioners

Sunday, March 22

8 am | Tom Hagedorn †
10 am | Grace Danaher †
5 pm | Flavia DiTullio †

Our Lady of Lourdes Home Visits

Sacred Heart's traveling Our Lady of Lourdes statue is available for private prayer devotion in your home for up to 2 weeks.



PLEASE CONTACT JUNE SPROSTY AT PRAYERMINISTRY@SACREDHEARTOB.ORG OR CALL 619.224.2746 TO RESERVE AND BE BLESSED BY OUR HOLY MOTHER.



Remember in Your Prayers

Michael Brown
Ginny Buerger
Denise Cleaton
Norma Evans
Della Greenwell
Fr. Ron Hebert
Yvette Howard
Fr. Tom Kiely
Mikael Peters
Pat Schmitt
Jean Skoblar
Margaret Schweizer
Lisa Shamoun and Family
Jean Skoblar
Lisa Sofio
Gary Turton
Tate Van Lopik
Philip Varner
Betty White
Leslie Williams
Maria Wimer

NAMES WILL REMAIN ON OUR PRAYER LIST FOR 30 DAYS AND CAN BE RENEWED BY CONTACTING THE PARISH OFFICE AT 619.224.2746

PARISH TEAM

EDITED 01.11.26

PARISH OFFICE

Monday through Friday
Hours: 8:30 am–4 pm
Closed noon–1 pm for lunch
619.224.2746

BAPTISMS

Contact Deacon Mark Wieczorek
before scheduling a date with
friends and relatives.
deaconmark@sacredheartob.org

MARRIAGE

Contact Rev. Billy Zondler
as you begin your wedding
planning.
619.224.2746

FUNERALS

Contact Janice Teixeira
619.246.4955

APPOINTMENTS

619.224.2746

PARISH STAFF

Rev. Billy Zondler, Pastor
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bzondler@sacredheartob.org

Rev. Lt. Emmanuel Ochigbo, USNR
In Residence

Rev. Anthony (Tony) Stanonik
In Residence

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Janis Cantú
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musicdirector@sacredheartob.org

PARISH MINISTRIES

ALTAR AND ROSARY SOCIETY

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ALTAR SERVERS

Contact the parish office to
enroll your child in the next
training.
619.224.2746

BEREAVEMENT MINISTRY

Janice Teixeira
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CARE OF THE WHOLE PERSON

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Cheryl Accomazzo (Food Service)
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FINANCE COUNCIL

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HOSPITALITY MINISTRY

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PARISH MINISTRIES

KNIGHTS OF COLUMBUS

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sacredheartob.org

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OCIA: BECOMING CATHOLIC

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sacredheartob.org

PRO-LIFE AND YOUNG FAMILIES

619.224.2746
parishoffice@sacredheartob.org

SACRED HEART PRAYER MINISTRY

June Sprosty
Submit your prayer request to
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PARISH MINISTRIES

SENIOR ACTIVITIES

Janice Teixeira
619.246.4955
teixeira@cox.net

SMALL CHURCH COMMUNITIES

Stephen Williams
619.224.2746 x102
religioused@sacredheartob.org

WALL OF REMEMBRANCE

Janice Teixeira
619.246.4955
teixeira@cox.net

YOUNG ADULTS

religioused@sacredheartob.org

PRESCHOOL

SACRED HEART ACADEMY

Mrs. Rebecca Godina, Director
4895 Saratoga Avenue
619.222.7252
shaobpreschool2@gmail.com
sacredheartpreschool.org

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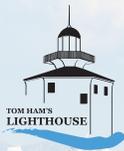


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